

PREVENT TYPE 2 DIABETES

Register for the Prevent T2 Program

WHAT IS IT?

The **Prevent T2 Program** is a lifestyle change program that has been recognized by the Centers for Disease Control and Prevention as being proven to prevent or delay type 2 diabetes.

WHO SHOULD REGISTER?

Individuals 18 and older diagnosed with prediabetes, overweight, have prediabetes risk factors, or have blood-test levels indicated below:

- Hemoglobin A1c: 5.7-6.4
- Oral Glucose Tolerance Test: 140-199 mg/dl
- Fasting Glucose Test: 100-125 mg/dl
- **Prediabetes Risk Test: Score 5 or higher**

BENEFITS

- A **FREE** or low-cost year-long program
- Learn how to eat healthy without giving up all of your favorite foods
- Learn how to lose weight, be more physically active and manage stress
- Receive a trained lifestyle coach to keep you on track and motivated
- Support from other participants with the same goals as you, lots of fun and participation giveaways!

SCHEDULE	MEETING	LOCATION
January 2024-December 2024 <ul style="list-style-type: none">• Classes offered: Wednesdays• Time: 1:00pm to 2:00pm (Wednesdays)• This YEAR-long program consists of a total of three consecutive phases	PHASE 1 January 17, 2024 to May 1, 2024 <ul style="list-style-type: none">• One class a week PHASE 2 May 15, 2024 to June 26, 2024 <ul style="list-style-type: none">• One class every two weeks PHASE 3 July 24, 2024 to December 11, 2024 <ul style="list-style-type: none">• One class per month	Classes will meet online. A meeting link will be sent out to registered participants prior to the start of the program. PREVENT T2 

REGISTER NOW

Call: 301-856-9465

Email: WellnessInfo@co.pg.md.us



HEALTH
DEPARTMENT
Prince George's County

